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Dear Inala Families and Carers,

We hope you are all well and healthy, and had a happy Easter.

We are very conscious of all those in our community who are remaining with their family and we are keen to stay in touch and keep you up to date on developments. We want you to know we are here to support you and send you our thoughts and warmest greetings.

Your friends and support staff miss you and we all look forward to when we can see one another again.

What's been happening?

We've come to term break - perhaps not the term break we were all imagining 6 weeks ago – but hopefully still a chance for some to relax and experience a change of pace. We continue to provide holiday support, with a range of interesting and stimulating activities, as well as one on one support in homes where requested.

Fond Farewells

We were sorry to say farewell to the four German volunteers recently who have been at Inala for the past 6 months. Their time was cut short as the German Government recently encouraged all citizens to return home. Alex, Roman, Marlene and Merle all enjoyed their time in Australia and particularly at Inala and have written to say what an impact their stay has had. We thought we'd share Alex's words about his time at Inala:

"Though my stay was shortened it surely didn't lack or come short of beautiful experiences, despite all of us not being able to see all that much. Australia surely doesn't lack natural disasters, however it also doesn't lack wonderful, kind and caring people who welcome you the second you walk into the door.

I want to thank my Wandana family for supporting me all throughout this journey and standing right by my side. I want to thank Dulkara for introducing me so beautifully into this new chapter of my life. I want to thank Lowana for the feeling of being welcome at all times, despite me not exactly being able to fit in much dinner.

I want to thank the office for all the math they did for me and the effort they put into organizing everything.

I want to thank Inala for being such a strong community that let us in with open arms. The only thing we can do in the belly of this whale is; count the ribs, notch the long days, dream of the beach and remember all the loving memories!"

How can we help?

For those families who have elected to keep their son or daughter at the family home during this time, please be assured you are very much in our awareness. Please do not hesitate to contact us for any assistance, unexpected need or general need for support.

Commencing next week, we will make personal contact to say hello, and to check whether you would like and/or need to resume some form of supports, even if to allow your son or daughter or family members some form of short or regular weekly break. We will do everything we can to support any requests, naturally including supports in or from home for such activities as walks, outdoor activity and exercise, or suitable in-home supports if appropriate.

If you do decide you would like to return to your regular Day services could you please provide at least 2 days-notice so we can ensure we have available staff. Alternatively, please contact us at any time if you would like to discuss the option of some in-home support.

Other ways to stay in touch

We are capturing stories and images of life at Inala and posting some of these on our Facebook and Instagram accounts. This is another great way to stay connected and see some of the happy events and activities happening at this time. The regular film group have been busy and we hope to show some entertaining videos shortly.

If you haven't already, please start following us on:

- **Facebook** (Facebook.com/InalaDisabilityservices) and
- **Instagram** (Inala.disabilityservices).

Thank you for your continued trust and support

As always, if you have any questions, please contact us, in the first instance via your relevant service Manager. All questions are reviewed and discussed by the Executive management team.

We remind all members of the Inala community to continue to practice good hygiene to protect against infections and reduce the spread of Coronavirus.

The most significant daily preventative measures required are:

- ✓ Regular and frequent washing of hands with **soap and water**
- ✓ Stay at home unless absolutely necessary eg exercise, shopping and medical appointments
- ✓ Practice social distancing and do not gather in groups of more than two people (excluding members of the same household)
- ✓ Avoid touching surfaces, especially in public places and then touching any area of the face

We will to continue to do our utmost that each person connected with Inala continues to be supported as fully and safely as possible and that our positive pro-active planning is in place to ensure the wellbeing and peace of mind for all our Inala community.

We will keep you updated as the situation evolves through frequent communication. Once again, our sincere thanks for your ongoing support, understanding and co-operation.

We hope you have a good week and enjoy this beautiful autumn weather.

Kind regards,



Martin Porteous
Joint Chief Executive Officer



Rebecca van Bilsen
Joint Chief Executive Officer